

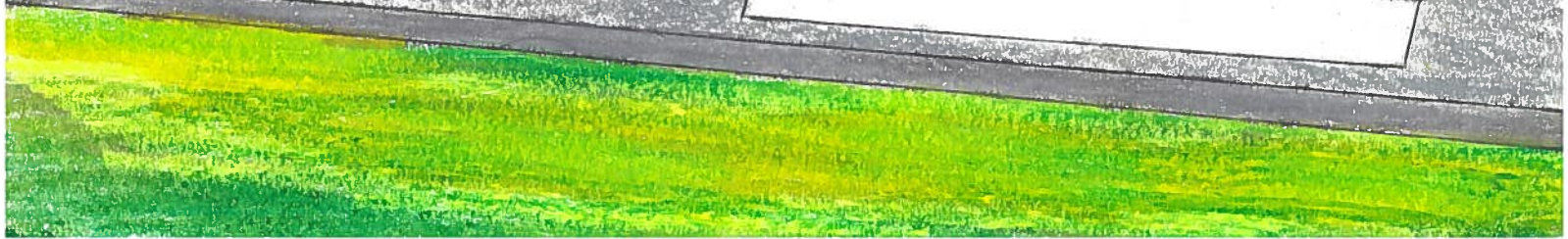
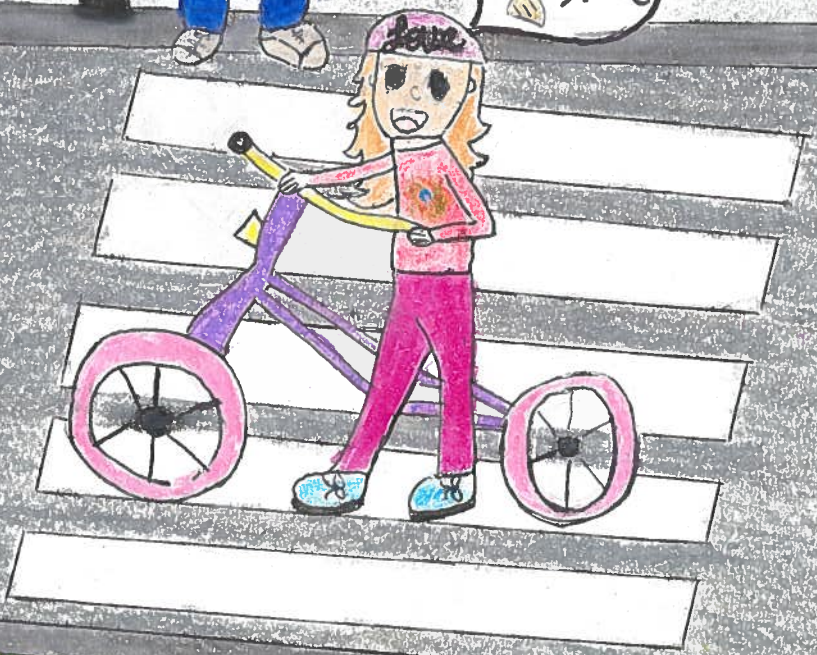
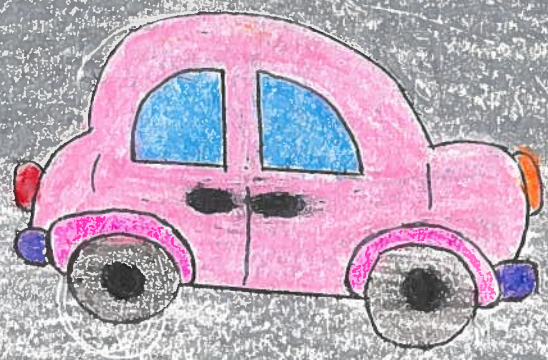
Do you want to hear a fun fact?

Did you know that helmets save more than 1,800 lives a year?

Wow!



Be seen. Be safe. Be happy.





**This is the back side of the paper- DO NOT DRAW ON THIS SIDE

Student's Full Name: Camila Diaz

Student's Grade: 3rd

School Name: Binks Forest Elementary

School Address: 15101 Bent Creek Rd Wellington, FL 33414

Art Teacher's Name: Nova Vazquez

Art Teacher's Email Address: nova.vazquez@palmbeachschools.org





AROUND
the
GLOBE

Wow!
I feel
SAFE!

BUT SAFETY

is
essential

**This is the back side of the paper- DO NOT DRAW ON THIS SIDE

Student's Full Name: Liliana Vivas Sanchez

Student's Grade: 5th grade

School Name: Binks Forest Elementary

School Address: 15101 Bent Creek Rd Wellington, FL 33414

Art Teacher's Name: Nova Vazquez

Art Teacher's Email Address: nova.vazquez@palmbeachschools.org

Pay attention
when you ride so you
don't collide

Wear a
helmet when you
ride so you feel
safe when
you glide

Stay in your
lane to avoid the
pain

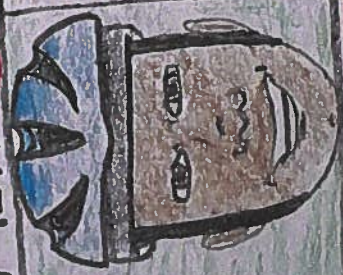


Scarlett Kirk
Western Charter Academy
2nd Grade

Bikers

When doing a maneuver always check for traffic around you and make a clear hand signal to let others know what you are doing

ALWAYS WEAR A HELMET!



Make sure your lights are clean and working properly

Always check that your brakes can fully stop your bike.

Your seat should be at a comfortable height

Reflectors help cars and other bikes see you! Check that they are securely on and clean

Check if your tires are deflated and if you need to pump them.

A bell can easily let other bikers and walkers know where you are and can prevent crashes

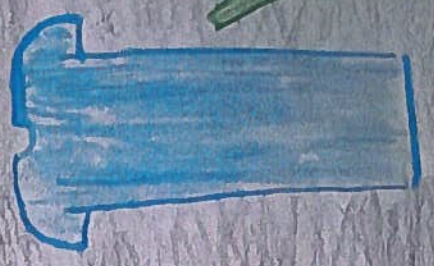
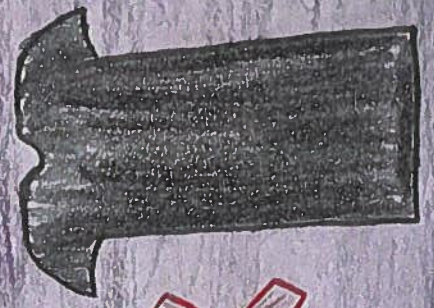


Drivers

Remember that a biker is much more vulnerable than you as a bike weighs about 20 pounds while a car is more than a ton. When turning you might think you have enough time to do it when you see a bike in the other lane, but bikes can easily go at 20mph, so when in doubt yield.



Bright clothes can help others see you.



Ethan Barrett

Grade 8

Emerald Cove Middle School

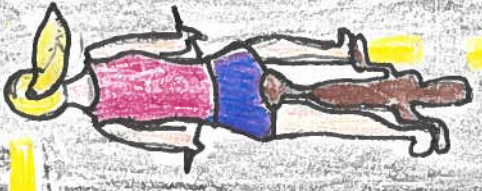
School Address: 9950 Stribling Way, Wellington, FL 33414, United States

Teacher name: Salam Shuhaiber

Teacher email: salam.shuhaiber@palmbeachschools.org



↑
OBEY
SIGNS



←
WEAR BRIGHT
COLORS AT NIGHT



←
USE BIKE
LANES

←
WEAR
HELMETS

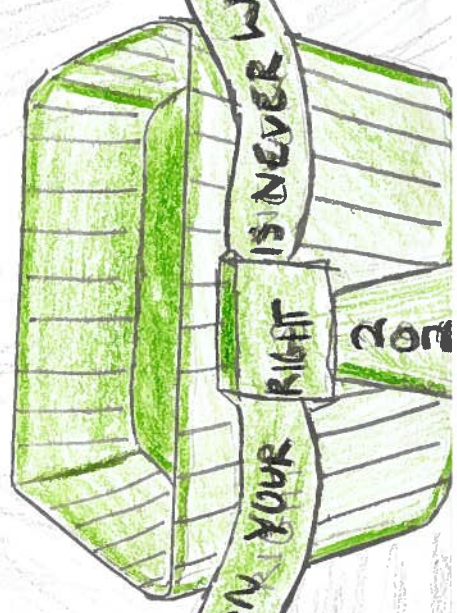
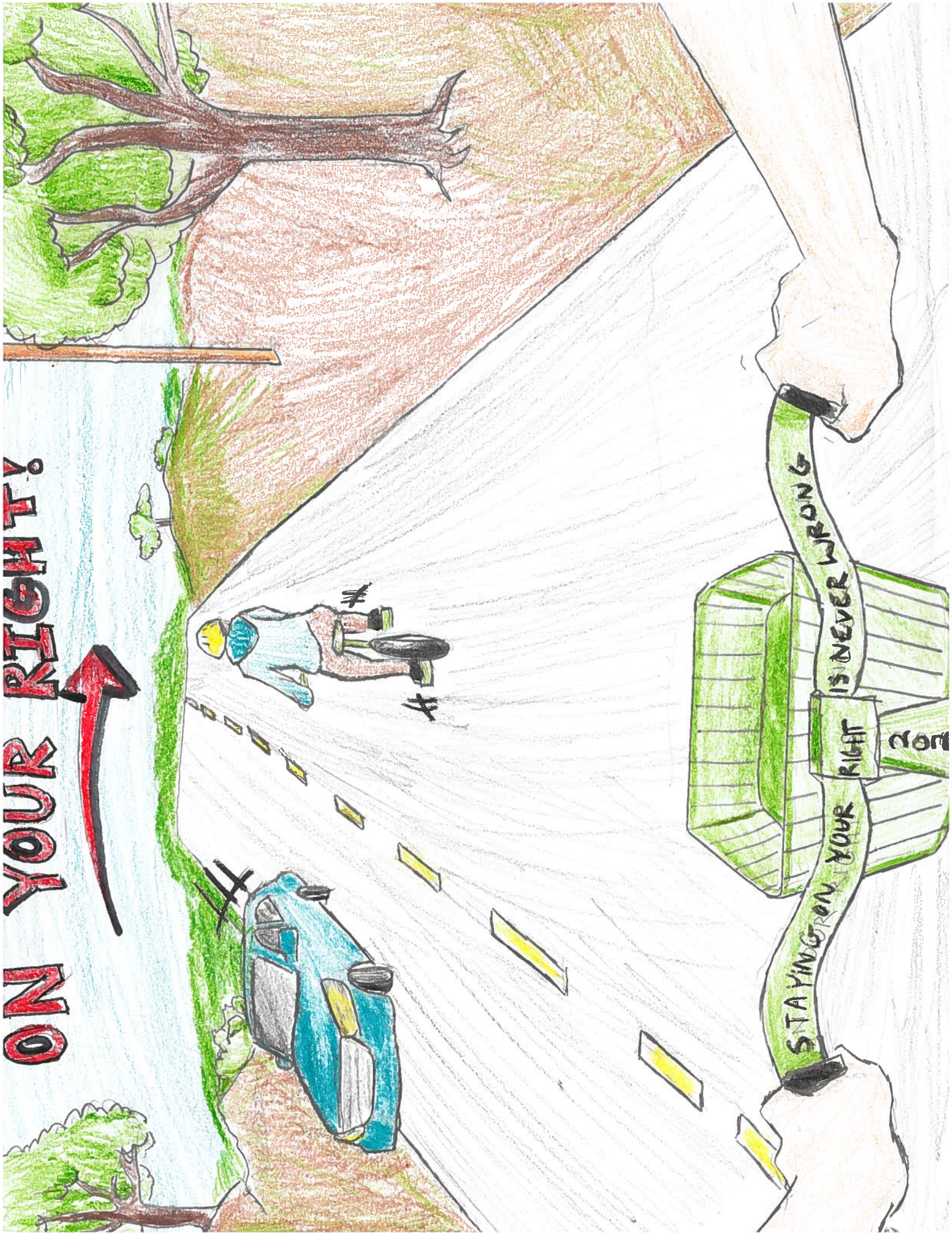


Danielle Baig
11th Grade

Wellington Community HS
2101 Greenview Shores Blvd
Mrs. Ford

gemma.ford@palmbeachschools.org

**ON YOUR RIGHT!
NO**



877 441 2324

Mallie
Marriguiz

11th grade

Wellington

Community High School

2101 Greenview Shores

Bld., Wellington FL

Gemma Ford

gemma.ford@palmbeachschools.org

How a visit to the hospital taught me to always wear my helmet

Lucas Saenz

Wellington Community High School

11th grade

01/11/24

While I lived in Colombia, I enjoyed biking due to the mountains and countless biking trails the country had to offer. While working out, I always wore my helmet, however, while hanging out with friends I didn't. Unfortunately, I learned the consequences of not wearing my helmet at all times on September 10, 2017. As usual, I was riding my bike with a friend one afternoon, and I fell. I don't know exactly how it happened because I hit my head and forgot most of the events from that day. While at the hospital, I would wake up confused, asking my parents questions such as: "What happened to me?" or "Why am I at the hospital?"

What I do remember very well was the suffering my family and friends went through while I was at the hospital. The uncertainty of not knowing if one of your loved ones is going to make it out of the hospital in good condition following a biking accident can easily be avoided by wearing a helmet. Helmets are helpful since they spread the impact of a hit over a large area and reduce the abruptness of the impact (University of Queensland). Although it is true that simply wearing a helmet doesn't protect you from a brain injury, it does ameliorate the damage, which can be the difference between life and death in some instances.

After this experience, I always wear my helmet. It doesn't matter if I'm riding with my friends around the neighborhood or mountain biking in rough terrains; I always have my helmet on. I hope my experience serves as a lesson to those who refuse to wear helmets while riding their bikes in more casual settings and as a reminder to never start pedaling without a helmet.

Sources:

- <https://qbi.uq.edu.au/concussion/do-helmets-protect-against-concussion#:~:text=The%20hard%20shell%20spreads%20or.makes%20the%20movement%20less%20abrupt.>



Biking Safety: A Shared Responsibility

By Ryan Ranjiv Balliram
Wellington Community High School
Grade: 11
Date Submission: 2024-01-31

Biking is the most enjoyable mode of transportation, as it is eco-friendly, and has become an integral part of many urban landscapes, including Wellington. However, navigating the bustling roads requires a commitment to safety, ensuring both cyclists and motorists can coexist harmoniously. This guide delves into essential aspects of bike safety, fostering a shared responsibility for a safe and enjoyable bicycling experience.

Helmets: The Main Priority

A helmet stands as the most crucial piece of safety equipment for cyclists. According to the National Highway Traffic Safety Administration (NHTSA), helmet use can reduce the risk of head injury by up to 88%. When selecting a helmet, prioritize one that fits snugly and meets safety standards. Adjust the straps securely to ensure proper fit and stability during every ride.

Safe Driving Around Cyclists

Motorists play a pivotal role in ensuring the safety of cyclists. A considerate approach on the road can significantly reduce the risk of accidents. Maintain a safe following distance, allowing cyclists ample space to maneuver without feeling harassed. Use turn signals effectively to inform cyclists of your intentions, and avoid overtaking cyclists in close proximity. Be mindful of opening car doors near cyclists, as this sudden movement can cause collisions. Additionally, reduce speed in areas designated for cyclists, allowing them to ride safely and without fear of being struck.

Adhering to Traffic Rules and Signals

Cyclists must adhere to traffic rules and signals just like motorists. This shared responsibility promotes a safer environment for everyone. Obey stop signs and red lights, yielding to pedestrians in crosswalks. Clearly indicate your intentions using hand signals or bicycle signals, allowing motorists and other road users to anticipate your actions. Equip your bike with appropriate lights for visibility, especially during low-light conditions.

Electric Bikes

Electric bikes offer a convenient and enjoyable mode of transportation, but safety remains as a main priority. Treat electric bikes like regular bicycles, following all applicable traffic rules and signals. Be extra cautious in crowded areas and when sharing the road with motorists. Use proper braking techniques and avoid carrying excessive cargo, which can affect handling and stability.

Equipment for Enhanced Visibility and Safety

Proper equipment plays a crucial role in enhancing visibility and safety. Ensure your bicycle is well-maintained and in good working condition. Equip your bike with reflectors and lights for both daytime and nighttime riding. Bright or reflective clothing helps to increase your visibility, especially in low-light conditions. Carry a bicycle pump and repair kit in case of roadside emergencies, ensuring you can address any issues and continue your journey safely.

Biking sustainably

Biking stands as a sustainable and health-promoting mode of transportation. It reduces reliance on automobiles, lowering air pollution and improving personal fitness. Choosing to cycle instead of driving even for short distances contributes to a greener and healthier community. Embrace the benefits of cycling by incorporating it into your daily routine, exploring new routes, and enjoying the fresh air and exercise.

Safe Riding Spaces

Designated bike lanes provide dedicated spaces for cyclists, minimizing interactions with motor vehicles. Utilize these designated lanes whenever possible to enhance safety. If riding on mixed-traffic roads, choose well-lit and less congested routes. Shared-use paths, which accommodate both cyclists and pedestrians, require extra caution. Be aware of pedestrians and yield to them when necessary. By adhering to these safety guidelines, cyclists and motorists can share the road harmoniously, ensuring everyone enjoys the benefits of cycling without compromising safety. Embrace cycling as a sustainable, health-promoting, and enjoyable mode of transportation, and pedal towards a safer and greener future.